



**Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore**  
**Shri Vaishnav Institute of Paramedical Science**  
**Choice-Based Credit System (CBCS) in Light of NEP-2020**  
**Vocational Course, IV SEM**

Subject Code	Category	Subject Name	Teaching and Evaluation Scheme								
			Theory			Practical		L	T	P	CREDITS
			End Sem University Exam	Two Term Exam	Teacher's Assessment	End Sem University Exam	Teacher's Assessment				
VUPMS402	Vocational Course	Yoga and Fitness	00	00	00	60	00	2	0	4	4

**Legends:** L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit;  
\*Teacher Assessment shall be based on the following components: Quiz/Assignment/Project/Participation in Class, given that no component shall exceed more than 10 marks.

**Course Educational Objectives (CEOs): The students will:**

CEOs 1: To understand the importance of Yoga for Fitness.

CEOs 2: To know about limbs of yoga their techniques, benefits, and precautions according to yoga texts.

**Course Outcomes (COs): Students should be able to:**

COs 1: Understand the concept of Yoga and Fitness.

COs 2: Understand the concept of Yogic Physiology.

COs 3: Understand the yogic exercises and series.

COs 4: Compare and improve your own fitness

COs 5: Learn how to increase fitness with yoga.

## Syllabus

### Unit-1

#### General Introduction to Yoga

- Brief introduction of Yoga, Meaning and Definition of Yoga, Aim and Objective of Yoga, Importance and Benefits of Yoga.

Chairperson  
Board of Studies of  
Paramedical & Allied  
Health Sciences  
Shri Vaishnav Vidyapeeth  
Vishwavidyalaya, Indore

Chairperson  
Faculty of Sciences  
Shri Vaishnav Vidyapeeth  
Vishwavidyalaya, Indore

Controller of Examinations  
Faculty of Sciences  
Shri Vaishnav Vidyapeeth  
Vishwavidyalaya, Indore

Joint Registrar  
Shri Vaishnav Vidyapeeth  
Vishwavidyalaya, Indore



**Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore**  
**Shri Vaishnav Institute of Paramedical Science**  
**Choice-Based Credit System (CBCS) in Light of NEP-2020**  
**Vocational Course, IV SEM**

Subject Code	Category	Subject Name	Teaching and Evaluation Scheme								
			Theory			Practical		L	T	P	CREDITS
			End Sem University Exam	Two Term Exam	Teacher's Assessment	End Sem University Exam	Teacher's Assessment				
VUPMS402	Vocational Course	Yoga and Fitness	00	00	00	60	40	2	0	4	4

**Legends:** L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit; \*Teacher Assessment shall be based on the following components: Quiz/Assignment/Project/Participation in Class, given that no component shall exceed more than 10 marks.

**Unit-2**

**Basic Physiology of Yoga**

- Shat Karma, Aasnas, Pranayama, Mudra, Bandhas, Dharana and Dhyana.

**Unit-3**

**Series of Yoga**

- Pawanmuktasana Part-1&2, Surya namaskar, Chandra namaskar, Pragma yoga vyayam and Ashtanga vinyasa yoga.

**Unit-4**

**Physical Fitness**

- Meaning and definition of physical fitness. Physical fitness concept and techniques. Principles of Physical Fitness. Components of Physical Fitness, Body Mass Index (BMI), components of total health, fitness and the relationship between physical activity and lifelong wellness.

**Unit-5**

**Yoga for Fitness**

- Asanas: Standing asanas, forward bending asanas, back bending asanas, balancing asanas and Meditative asanas, Pranayama: Anuloma viloma, bhramari, sheetali, sheetkari, and surya bhedana pranayama. Mudra: Jnana, pranav and shanmukhi mudras. Three bandhas, Dharna and Dhyana.

Chairperson  
Board of Studies of  
Paramedical & Allied  
Health Sciences  
Shri Vaishnav Vidyapeeth  
Vishwavidyalaya, Indore

Chairperson  
Faculty of Sciences  
Shri Vaishnav Vidyapeeth  
Vishwavidyalaya, Indore

Controller of Examinations  
Faculty of Sciences  
Shri Vaishnav Vidyapeeth  
Vishwavidyalaya, Indore

Joint Registrar  
Shri Vaishnav Vidyapeeth  
Vishwavidyalaya, Indore



**Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore**  
**Shri Vaishnav Institute of Paramedical Science**  
**Choice-Based Credit System (CBCS) in Light of NEP-2020**  
**Vocational Course, IV SEM**

Subject Code	Category	Subject Name	Teaching and Evaluation Scheme								
			Theory			Practical		L	T	P	CREDITS
			End Sem University Exam	Two Term Exam	Teacher's Assessment	End Sem University Exam	Teacher's Assessment				
VUPMS402	Vocational Course	Yoga and Fitness	00	00	00	60	40	2	0	4	4

**Legends:** L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit; \*Teacher Assessment shall be based on the following components: Quiz/Assignment/Project/Participation in Class, given that no component shall exceed more than 10 marks.

**Suggested Books:**

1. Saraswati, S. N. (2012). *Gheranda Samhita*. Yoga Publication Trust, Munger, Bihar, India.
2. Rawat, Anuja (2021). *Yoga and Yogi*. Satyam Publishing House, India.
3. Iyengar, B. K. S. (2007). *BKS Iyengar yoga: The Path to Holistic Health*. Penguin.
4. Muktibodhananda, Swami (2004). *Hatha Yoga Pradipika*. Yoga Publication Trust, India
5. Satyananda Swami (1996). *Asana Pranayama Mudra Bandha* (3rd rev.). Yoga Publications Trust, Munger, Bihar, India.
6. Swami Sivananda (1971), *The Science of Pranayama*, Chennai: A divine life Society publication, Thirumalai.
7. Kumar S. & Indira S., (2011), *Yoga in your Life*, Chennai: The Parkar Publication.
8. Tiwari O.P. (1998), *Asanas-Why and How*, Lonavala: Kaivalyadham Ronghe Prafulla.
9. Sinha Ankan (2013), *Yoga and Fitness*, LAP Lambert Academic Publishing, India.
10. Gore, M. M. (2008). *Anatomy and physiology of yogic practices*. Motilal Banarsidass, India.

Chairperson  
Board of Studies of  
Paramedical & Allied  
Health Sciences  
Shri Vaishnav Vidyapeeth  
Vishwavidyalaya, Indore

Chairperson  
Faculty of Sciences  
Shri Vaishnav Vidyapeeth  
Vishwavidyalaya, Indore

Controller of Examinations  
Faculty of Sciences  
Shri Vaishnav Vidyapeeth  
Vishwavidyalaya, Indore

Joint Registrar  
Shri Vaishnav Vidyapeeth  
Vishwavidyalaya, Indore